

Nutritional Information

MANGO PUREE (ALPHONSO) 1 STRENGTH

NUTRIENT	UNIT	AMOUNT PER 100 GRAMS	ANALYSIS/ CALCULATION	METHOD/ COMMENTS
PROXIMATES				
Water	g	81.86	Calculation and Analysis	USDA Database and Manufacturer Data
Energy	kcal	65.00	“	“
Protein	g	0.51	“	“
Total lipid (fat)	g	0.27	“	“
Carbohydrate, by difference	g	17.00	“	“
Fiber, total dietary	g	1.80	“	“
Sugars, total	g	14.80	“	“
Sugars, added	g	0.00	“	“
MINERALS				
Calcium, Ca	mg	10.00	“	“
Iron, Fe	mg	0.13	“	“
Magnesium, Mg	mg	9.00	“	“
Phosphorus, P	mg	11.00	“	“
Potassium, K	mg	156.00	“	“
Sodium, Na	mg	1.00	“	“
Zinc, Zn	mg	0.04	“	“
VITAMINS				
Vitamin C, total ascorbic acid	mg	27.7	“	“
Thiamin	mg	0.058	“	“
Riboflavin	mg	0.057	“	“
Niacin	mg	0.584	“	“
Pantothenic acid – Vitamin B ₅	mg	0.160	“	“
Vitamin B ₆	mg	0.134	“	“
Folate – Vitamin B ₉	µg	14	“	“
Beta carotene	µg	445	“	“
Vitamin A equivalent	µg	38	“	“
Vitamin D (D ₂ + D ₃)	µg	0.00	“	“
Vitamin D	IU	0.00	“	“

Vitamin K (phylloquinone)	µg	4.2	“	“
LIPIDS				
Fatty acids, total saturated	g	0.09	“	“
Fatty acids, total trans	g	Trace	“	“
Cholesterol	mg	0.00	“	“
OTHER				
Caffeine	mg	0.00	“	“
Ash	g	0.36	“	“

*For informational purposes only
 Florida Bulk Sales, Inc. cannot guarantee the specific accuracy of the data
 herein.*